



Commissioner's Physical Activity Challenge



Frequently Asked Questions

How do I Participate?

The Commissioner's Physical Activity Challenge is about being healthy by being physically active. To make it interesting, participants can compete in teams by agency through the Anthem *WalkingWorks* online activity program. If you have **never** registered on the Anthem *WalkingWorks* online activity program, visit www.walkingworks.com and click on the "Sign Up" link. A screen will appear with several drop-down menus. First, select the Plan "New Hampshire, Anthem Blue Cross and Blue Shield", select the Group "State of New Hampshire", select the Program "Commissioner's Physical Activity Challenge", and finally select your Team from the list of agencies. Continuing on the same screen, fill out the registration form by typing your name, e-mail, password, age group, participation level and work zip code. Click "Submit." You will then be redirected back to the Anthem *WalkingWorks* home page where you can now sign in with your email address and password.

If you registered on the Anthem *WalkingWorks* online activity program back in April for the NH Spring Training Program, you do not have to re-register for the Commissioner's Physical Activity Challenge. Simply sign in with your email address and password that you created back in the spring and select the "Edit Profile" in the top right menu. You will be taken to the "Edit Profile" page where you need to change the program from "State of NH Spring Training" to "Commissioner's Physical Activity Challenge". You will then have to select your Team Name again from the list of agencies. Once you make these selections, click on the "Update Profile" button.

For step-by-step screen shots to register and report activity in the Anthem *WalkingWorks* online activity program visit http://admin.state.nh.us/wellness/Wellness_News.html. If you are having trouble registering or logging into the Anthem *WalkingWorks* online program, contact Mike Loomis with the Department of Administrative Services at 603-271-4103 or Lisa Marzoli with Anthem at 603-695-7559.

What types of physical activities count?

The Commissioner's Physical Activity Challenge is designed to encourage people of all ages to get moving and participate in daily activity. You can report physical activity such as brisk walking, jogging, bicycling, swimming, kayaking, and others to allow participants at all levels and ability to join in. Participants simply track and report the amount of daily activity minutes, hours, miles, or steps in the Anthem *WalkingWorks* online activity program.

The Centers for Disease Control and Prevention recommends that adults need at least 2 hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking) **every week** or 1 hour and 15 minutes of vigorous-intensity aerobic activity (i.e., jogging or

running) every week for important health benefits. You should also check with your health care provider on what activity levels they recommend for you.

If I am unable to participate due to a health condition or other reason, can I still participate?

Yes, individuals with disabilities may participate by logging time in a wheelchair or performing any type of physical activity that he/she is capable of doing.

Is the information I enter in *WalkingWorks* during registration used for purposes other than keeping track of my activity progress?

We do not use any of the information provided during registration for any other purpose. You will only receive program information during the length of the program. We will not share your activity reports with anyone. Your activity will be added to your team members to create a total for your team and an average amount of activity per person over the six week promotion.

What if I do not have access to a computer?

Please contact Mike Loomis with the Department of Administrative Services at 603-271-4103 or Lisa Marzoli with Anthem at 603-695-7559 and they will send you a paper tracker and instructions on how to report your weekly activity.

I forgot my *WalkingWorks* login or password. How do I recover this information?

The login is always the e-mail address you used when you originally signed up for *WalkingWorks*. If you would like to reset your password, click on the "Forgot Password" link that is found on the main *WalkingWorks* login page (www.walkingworks.com). This link will let you reset the password for your account.

I tried to register for *WalkingWorks* and it says I'm already registered. How do I access my account?

This means your e-mail address is already associated with a current *WalkingWorks* account. To reset the password, click the "Forgot Password" link on the main *WalkingWorks* login page (www.walkingworks.com). A link to reset the password will be sent to the e-mail address on the account.

My computer is giving me error messages when I try to sign up for *WalkingWorks* online. What do I do?

Please be sure that there are no firewalls that block access to the *WalkingWorks* web site. If you are still receiving error messages, try signing up on a different computer and use Microsoft Internet Explorer as your browser for the sign up process.

Can non-Blue Cross and Blue Shield members participate in the Commissioner's Physical Activity Challenge?

The Commissioner's Physical Activity Challenge is open to all state employees, retirees and dependents. Participants register on a public web site and are not asked for any specific information regarding their health plan.

I registered for the wrong program or team. How do I get my account changed to the correct program or team?

If you signed up for the wrong program or team, you can log into *WalkingWorks* and click the "Edit Profile" tab located near the top of the page. On this page, you can choose the correct drop downs for the program and team.

I registered for the wrong Plan or group. What are my options now?

If you signed up for the wrong Plan or Group, please contact Mike Loomis with the Department of Administrative Services at 603-271-4103 or Lisa Marzoli with Anthem at 603-695-7559. He or she can correct the problem.